



interaworks

3 Simple Tools

Our Fortune 500 Clients Use
to Achieve What Matters Most

The Cycle of Performance



The Cycle of Performance Model provides a simple but powerful basis for *Personal Performance and Organizational Performance*. In combination with self-driven, inspiring processes, and systems supported by technology, human potential is unlimited.

SCENARIO

We have 5 students playing basketball afterschool in games of 1:1. They can only play each other 1-time.

Question #1: How may total games did they play?

Question #2: Who played who?

Mind Sweep Trigger List

Meetings that need to be set/requested	Who needs to know about what decisions?	Legal, real estate, zoning, taxes
Projects started, not completed	Significant read/review	Builders/contractors/suppliers
Projects that need to be started	Travel	Areas to organize/clean out
Commitments/promises to others	Research - need to find out about...	Financial
Communications to make/get	Upcoming events	Vehicle repair/maintenance
Initiate or respond to: <ul style="list-style-type: none"> • Phone calls • Emails • Letters/Memo 	Administration <ul style="list-style-type: none"> • Legal issues • Insurance • Personnel • Policies/procedures 	Waiting for.. <ul style="list-style-type: none"> • Information • Delegated tasks/projects • Completions critical to projects • Reimbursements
Other writing to finish/submit <ul style="list-style-type: none"> • Reports • Evaluations/reviews • Proposals • Articles • Promotional materials • Manuals/instructions • Re-writes and edits 	Systems <ul style="list-style-type: none"> • Phones • Computers • Utilities • Filing • Storage • Inventories • Supplies 	Customers <ul style="list-style-type: none"> • Internal • External • Marketing • Promotion • Sales • Customer Service



Conduct a Mind Sweep below. Write tasks, actions, thoughts, projects. Anything goes and order is irrelevant. The objective is to empty your mind.

Attention Management

Write on the top line the phrase:
“Attention Management = Focus”

When you are complete with that phrase write
on the line below that the numbers 1 – 25



Line 1:

Line 2:

Now try it “Switch-Tasking style!”

Line 3:

Line 4:

3 Simple Tools

What did I accomplish?

What were my biggest disappointments?

What did I learn?

What are your Guidelines for the future based on what you learned?

Guidelines





Guidelines

- What would have been different last year, had you practiced these guidelines?
- What new results and new experiences are possible with these guidelines?

More Ways to Elevate Your Experience



Need help expanding capacity by getting organized & managing distractions? Try Effective Edge

Effective Edge is a hands-on workshop where participants actively implement a system to manage the overload of email, endless tasks, and 250 other inputs the average professional receives each day. You will be guided through a step-by-step process on your computer to create a daily dashboard, a task list, a tracking system, and calendar views to maximize your productivity. Best of all, you'll leave that day with an empty inbox and a system for making sure that happens every day moving forward. Get ready to accomplish the most important things and experience an increased sense of relaxed control.



Struggling to connect your day-to-day activities with your bigger why? Try Best Year Yet

Best Year Yet is a hands-on workshop where participants are guided through a series of questions designed to generate introspection, discussion, learning, and growth. You will leave with a 12-month plan on a page that aligns with your top priorities and focuses your efforts accordingly. Best of all, our Producing Results® Online (PRO) tracking and scoring software allows you to easily track your progress and hold yourself accountable to your goals. Get ready to have this be the year you accomplish all that matters most to you.



Looking for a new way to thrive in a complex work environment? Try the Essentials programs

Resiliency@Work: This program teaches participants how to utilize awareness to gain access to our deepest resources and create more positive outcomes. Developing our mental, emotional, and physical resiliency fosters the ability to focus amid distractions, and take calm clear action in the face of complexity.

Conversations@Work: Learn a framework focused on the core skills needed to have an open and candid conversation – no matter how tough the topic. Participants gain the skills they need to manage conversations when emotions are strong and the stakes are high.

Leaders@Work: This program teaches leaders how to harness the creative energy of the people working on a project or an individual's change effort, create more innovative solutions, and adjust to rapidly changing complex environments. This ability is the competitive advantage that makes the difference between success and failure in team endeavors.

Design@Work: Learn a creative process that puts problem identification before problem-solving thereby providing participants with a very practical and replicable structure for innovating in complex environments.

Learn more about our programs, ask a question, or reach out for a conversation.

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Our Why

Our purpose is to elevate the human experience and empower individuals to find their own purpose and reach their full potential. We believe the path to this success isn't a quick fix or small bandage. We believe in a journey lived all year long, again and again, in a continuous upward cycle of learning and growth. We believe in the long game and investing in the human potential that can transform both people and organizations producing results year after year.

We believe in the symbiotic relationship between organizations and people. A relationship where organizations thrive because of the people in them and people thrive because of the environment the organizations have created. We support people in improving their performance and development and through this we help organizations get the results they want.

Our What

InteraWorks is the next generation of learning and development. Combining experiential learning, technology, and yearlong development paths, our programs can be applied to professionals of all levels and transform the way your work gets done. We balance our proven mindset and methodologies with integrated practical systems and technologies that ensure your success.

We partner with organizations that want to do big things and value the people who work within those organizations. Ones that know creating the right environment is the right thing to do. Our clients have used our programs to set world records, generate explosive business growth, fuel turnarounds, climb mountains, hit key annual goals, launch new products to the world, and successfully tackle countless other challenges.

Our How

We provide a truly integrated learning experience that's practical, powerful, and provides immediate results. Our systems work because we combine theory and science with belief and behavior transformation. We expand the reach of people through action, habit, mindset, focus, and prioritization. Our technology and support make it easy for everyone to use our process and continue to achieve results month after month and year after year.

